

USPA Red, White and Blue Powerlifting Championships October 16, 2021 Waynesville, MO

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	Women Raw Powerlifting			Junior													
	52kg Jr 20-23																
DQ	Katrina Paula Ceria Casey	HI	52kg	50.8	21	<del>120</del>	<del>120</del>	<del>120</del>	65	70	75	147.5	155	<del>160</del>	0	0	
	Women Raw Powerlifting			Open													
	52kg Open																
DQ	Katrina Paula Ceria Casey	HI	52kg	50.8	21	<del>120</del>	<del>120</del>	<del>120</del>	65	70	75	147.5	155	<del>160</del>	0	0	
	67.5kg Open																
1	Jessica Law	MO	67.5kg	65.3	34	112.5	120	<del>130</del>	60	65	<del>70</del>	155	170	175	360	378.935	
2	Madeline Meeder	KY	67.5kg	62.8	27	90	95	<del>100</del>	45	<del>50</del>	50	97.5	105	115	260	280.176	
	75kg Open																
1	Tabetha Held	MO	75kg	74.1	51	150	157.5	165.5	<del>95</del>	95	100	145	152.5	160 (165)	425.5	417.093	478.406
2	Caidi Phillips	IL	75kg	70	26	110	120	135	60	72.5	<del>80</del>	125	140	147.5	355	358.996	
	90kg Open																
1	Latonya Mekis	MO	90kg	88.1	28	130	137.5	145	<del>62.5</del>	65	70	122.5	130	137.5	352.5	317.271	
2	Katie Coffman	MO	90kg	89.8	28	112.5	117.5	<del>127.5</del>	72.5	<del>77.5</del>	77.5	112.5	120	<del>132.5</del>	315	281.106	
	Women Raw Powerlifting			Submaster													
	75kg Submaster																
1	Jade Franklin	MO	75kg	72.3	35	105	110	122.5	62.5	<del>65.0</del>	65	132.5	142.5	152.5	340	337.735	
	SHW Submaster																
1	Melissa Watkins	MO	SHW	102.5	37	152.5	162.5	167.5	72.5	77.5	85	147.5	152.5	167.5	420	355.038	
	Women Raw Powerlifting			Master													
	75kg Master 50-54																
1	Tabetha Held	MO	75kg	74.1	51	150	157.5	165.5	<del>95</del>	95	100	145	152.5	160 (165)	425.5	417.093	478.406
	90kg Master 40-44																
1	Zelda Gomez	MO	90kg	83.4	41	112.5	120	<del>125</del>	62.5	67.5	<del>70</del>	122.5	127.5	132.5	320	295.457	298.411
2	Sandy Costello	MO	90kg	86.6	43	102.5	110	112.5	52.5	57.5	60	112.5	117.5	125	297.5	269.873	278.239
	Men Raw Powerlifting			Junior													
	75kg Jr 16-17																
1	Nason Emerson	MO	75kg	70.6	17	200	217.5	<del>228</del>	<del>117.5</del>	128	<del>132.5</del>	180	190	<del>200</del>	535.5	399.882	

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	75kg Jr 20-23																
1	Justin Lopez	MO	75kg	74.3	20	155	165	<del>167.5</del>	100	105	<del>110</del>	195	212.5	<del>215</del>	482.5	348.248	
	82.5kg Jr 20-23																
DQ	Lucas Boston	IL	82.5kg	80.6	20	<del>167.5</del>	<del>167.5</del>	<del>167.5</del>	<del>122.5</del>	125	<del>132.5</del>	170	175	<del>180</del>	0	0	
	90kg Jr 20-23																
1	Sam McAfee	IL	90kg	88.8	20	225	235	<del>240</del>	150	155	160	200	<del>235</del>	<del>240</del>	595	387.361	
	100kg Jr 20-23																
1	Elio Albanese	MO	100kg	99.8	23	172.5	187.5	195	112.5	<del>122.5</del>	<del>122.5</del>	220	237.5	245	552.5	340.368	
Men Raw Powerlifting			Open														
	67.5kg Open																
1	Devon Mcintyre	MO	67.5kg	67.3	26	155	172.5	182.5	100	107.5	<del>115</del>	182.5	195	<del>207.5</del>	485	374.616	
	75kg Open																
1	Nason Emerson	MO	75kg	70.6	17	200	217.5	<del>228</del>	<del>117.5</del>	128	<del>132.5</del>	180	190	<del>200</del>	535.5	399.882	
	82.5kg Open																
1	Robby Butler	MO	82.5kg	82.1	25	185	192.5	200	105	112.5	117.5	190	207.5	225	542.5	368.502	
	90kg Open																
1	Samuel Vogele	MO	90kg	88.8	36	212.5	<del>230</del>	<del>230</del>	145	150	157.5	222.5	235	<del>245</del>	605	393.871	
2	Christopher Watkins	MO	90kg	87.7	34	207.5	212.5	<del>215</del>	140	145	<del>155</del>	215	220	225	582.5	381.677	
3	Dalton Abert	IL	90kg	87.8	25	<del>195</del>	195	<del>205</del>	125	132.5	<del>140</del>	215	225	235	562.5	368.353	
	100kg Open																
1	Omar Villegas	TX	100kg	96.1	24	242.5	262.5	275	172.5	187.5	192.5	292.5	<del>317.5</del>	<del>317.5</del>	760	476.161	
2	James Kinnard	MO	100kg	98.4	33	195	205	<del>220</del>	160	<del>175</del>	<del>177.5</del>	245	265	272.5	637.5	395.174	
3	Aaron Householder	MO	100kg	96.6	26	162.5	175	182.5	100	107.5	115	182.5	192.5	200	497.5	310.959	
	110kg Open																
1	Frank Marshall	MO	110kg	109.6	29	215	227.5	<del>237.5</del>	157.5	167.5	<del>175</del>	275	295	<del>307.5</del>	690	409.226	
2	Harold Sloke	MO	110kg	109.2	31	165	180	187.5	120	<del>132.5</del>	<del>132.5</del>	230	<del>245</del>	245	552.5	328.133	
	125kg Open																
1	Ryan Coffman	MO	125kg	123.9	28	212.5	222.5	<del>237.5</del>	145	152.5	<del>162.5</del>	232.5	245	<del>272.5</del>	620	352.376	
2	Greg Brooks	MO	125kg	117	27	<del>185</del>	185	<del>202.5</del>	117.5	<del>127.5</del>	<del>127.5</del>	225	240	<del>250</del>	542.5	314.244	
	140kg Open																
1	James Abbott	MO	140kg	136.4	29	195	205	225	165	177.5	185	225	245	<del>272.5</del>	655	361.616	

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	SHW Open																
1	Rayford Epperson	MO	SHW	142.8	30	170	185	200	172.5	<del>185</del>	<del>185</del>	212.5	227.5	235	607.5	331.091	
	<b>Men Raw Powerlifting</b>		<b>Submaster</b>														
	82.5kg Submaster																
1	Robert Hojnacki	KS	82.5kg	80.5	35	140	<del>145</del>	<del>147.5</del>	95	<del>102.5</del>	<del>102.5</del>	<del>177.5</del>	177.5	182.5	417.5	286.834	
	90kg Submaster																
1	Samuel Vogele	MO	90kg	88.8	36	212.5	<del>230</del>	<del>230</del>	145	150	157.5	222.5	235	<del>245</del>	605	393.871	
	<b>Men Raw Powerlifting</b>		<b>Master</b>														
	100kg Master 45-49																
1	Michael Woodworth	MO	100kg	94.2	49	195	205	<del>215</del>	140	<del>145</del>	<del>145</del>	215	<del>220</del>	220	565	357.293	397.667
	100kg Master 55-59																
1	Steven Carpenter	MO	100kg	95.4	55	162.5	172.5	<del>175</del>	130	<del>142.5</del>	<del>142.5</del>	207.5	210	215	517.5	325.323	398.52
	<b>Women Classic Raw Powerlifting</b>		<b>Open</b>														
	90kg Open																
1	Monica White	KS	90kg	83.3	29	<del>140</del>	140	<del>147.5</del>	82.5	85	<del>87.5</del>	150	165	<del>172.5</del>	390	360.294	
	<b>Women Classic Raw Powerlifting</b>		<b>Submaster</b>														
	82.5kg Submaster																
1	Maria Duncan	MO	82.5kg	79.8	38	112.5	120	125	80	85	90	120	132.5	<del>140</del>	347.5	327.841	
	<b>Men Classic Raw Powerlifting</b>		<b>Master</b>														
	125kg Master 45-49																
1	Richard Brown	MO	125kg	110.4	49	232.5	245	<del>257.5</del>	152.5	172.5	<del>182.5</del>	235	247.5	<del>255</del>	665	393.321	437.767
	<b>Women Raw Bench Only</b>		<b>Open</b>														
	75kg Open																
1	Tabetha Held	MO	75kg	74.1	51				<del>95</del>	95	100				100	98.024	112.434
	<b>Women Raw Bench Only</b>		<b>Master</b>														
	75kg Master 50-54																
1	Tabetha Held	MO	75kg	74.1	51				<del>95</del>	95	100				100	98.024	112.434
	<b>Men Raw Bench Only</b>		<b>Open</b>														
	110kg Open																
1	Terry Held	MO	110kg	106.7	51				190	200	<del>210</del>				200	119.85	137.468

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	<b>Men Raw Bench Only</b>			Master													
	100kg Master 55-59																
1	Steven Carpenter	MO	100kg	95.4	55				130	<del>-142.5</del>	<del>-142.5</del>				130	81.724	100.111
	110kg Master 50-54																
1	Terry Held	MO	110kg	106.7	51				190	200	<del>-210</del>				200	119.85	137.468
	125kg Master 45-49																
1	Richard Brown	MO	125kg	110.4	49				152.5	172.5	<del>-182.5</del>				172.5	102.027	113.556
	SHW Master 60-64																
1	Don Norton	MO	SHW	175.2	64				<del>-142.5</del>	152.5	<del>-</del>				152.5	78.75	114.188
	<b>Men Single Ply Bench Only</b>			Open													
	110kg Open																
DQ	Trenton Eades	MO	110kg	107.9	34				<del>-200</del>	<del>-200</del>	<del>-</del>				0	0	
	<b>Men Single Ply Bench Only</b>			Master													
	100kg Master 50-54																
1	Rodney Wood	MO	100kg	99.1	54				230	<del>-240</del>	<del>-</del>				230	142.128	171.122
	SHW Master 60-64																
1	Don R Norton	MO	SHW	175.2	64				142.5	<del>-152.5</del>	152.5				152.5	78.75	114.188
	<b>Men Raw Deadlift Only</b>			Open													
	110kg Open																
1	Terry Held	MO	110kg	106.7	51							275	290	<del>-300</del>	290	173.783	199.329
	<b>Men Raw Deadlift Only</b>			Master													
	100kg Master 45-49																
1	Michael Woodworth	MO	100kg	94.2	49							215	<del>-220</del>	220	220	139.123	154.844
	110kg Master 50-54																
1	Terry Held	MO	110kg	106.7	51							275	290	<del>-300</del>	290	173.783	199.329
	<b>Men Raw Push-Pull</b>			Open													
	110kg Open																
1	Terry Held	MO	110kg	106.7	51				190	200	<del>-210</del>	275	290	<del>-300</del>	490	293.633	199.329
	<b>Men Raw Push-Pull</b>			Master													
	110kg Master 50-54																
1	Terry Held	MO	110kg	106.7	51				190	200	<del>-210</del>	275	290	<del>-300</del>	490	293.633	199.329

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Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Best Lifters																
Tabetha Held	Raw	PL	Open	Women												
Omar Villegas	Raw	PL	Open	Men												
Meet Director:	Sheena Hodges and Frankie Murrieta															
Referees																
International:	Ed Zimmerman															
National:	Sheena Hodges, Frankie Murrieta, Rodney Wood, Jai Jai Goldtein, Jeff Houska															
State:	Nicole Stone, Chanel Gill															
Staff:	Anna Haney															
Spotter/Loaders:	Ashley Thomas, Robert Sepulveda, Justin Sherman, Chasity Stover, Shania Carter, Chris Garven, Tyler Garven															